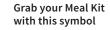


# Plant-Based Crumbed Chick'n Tenders

with Parsley Potato Salad & Garlicky Veggies

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Green Beans





**Baby Spinach** 



Crumbed Chicken



Chilli Flakes (Optional)



Crumbed Chicken



Prep in: 20-25 mins Ready in: 25-35 mins

Winner, winner, plant-based dinner! The crumbed 'chicken' gets all lovely and golden in the pan, and works a treat with the creamy herbed potato salad and crisp and colourful veggies.



**Plant Based** 

#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan · Large frying pan

#### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
green beans	1 small bag	1 medium bag	
carrot	1	2	
garlic	2 cloves	4 cloves	
parsley	1 bag	1 bag	
baby spinach leaves	1 small bag	1 medium bag	
plant-based crumbed chicken	1 packet	2 packets	
plant-based aioli	2 medium packets	4 medium packets	
chilli flakes ∮ (optional)	pinch	pinch	
plant-based crumbed chicken**	1 packet	2 packets	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	632kJ (151Cal)
Protein (g)	22g	4.2g
Fat, total (g)	54.8g	10.6g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	48.9g	9.4g
- sugars (g)	11.7g	2.3g
Sodium (mg)	1096mg	211mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4591kJ (1097Cal)	731kJ (175Cal)
Protein (g)	36.6g	5.8g
Fat, total (g)	74.3g	11.8g
- saturated (g)	6.2g	1g
Carbohydrate (g)	67.9g	10.8g
- sugars (g)	12.7g	2g
Sodium (mg)	1873mg	298mg

The quantities provided above are averages only.

#### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







# Cook the potato

- Bring a medium saucepan of lightly salted water to the boil.
- · Cut potato into bite-sized chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain cooked **potato**, then return to saucepan.
- Meanwhile, trim green beans. Cut carrot into thin sticks. Finely chop garlic and parsley.



# Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook green beans and carrot, tossing, until tender, 4-5 minutes. Add garlic and baby spinach leaves until leaves are wilted, 1 minute.
- Transfer veggies to a bowl. Season with **salt** and **pepper**. Cover to keep warm.



## Cook the chick'n & finish the potato

- Return frying pan to medium-high heat with enough olive oil to coat the base. Cook plant-based crumbed chicken until just browned, 2-3 minutes each side. Transfer to a paper towel-lined plate.
- Meanwhile add parsley, 1/2 the plant-based aioli and a pinch of chilli flakes (if using) to the potato. Gently toss to combine. Season to taste.

Custom Recipe: If you've doubled your plant-based chicken, cook plant-based crumbed chicken in batches for best results.



### Serve up

- Divide plant-based crumbed chick'n tenders, parsley potato salad and garlicky veggies between plates.
- Serve with remaining plant-based aioli. Enjoy!